



Rain or shine!

LifeTrail Club

Advanced Wellness System

2014 Meeting Schedule

Come hear speakers on various health topics, walk the LifeTrail and find out if you won the monthly raffle prize!

Friday, May 9

Meet, Greet, & Treats

Friday, June 13

*Senior Citizen Safety Tips –
Be Observant, Smart and Safe*

Friday, July 11

*How Sweet It Is– get the inside
scoop on sugar*

Friday, August 8

*The Best Fit– sneaker presentation
by Aardvark Sports Shop*

Friday, September 12

*Resolve to Be Ready. Pledge to
Prepare– Emergency Preparedness*

Friday, October 10

*Million Hearts– Learn the ABC'S
of heart health*



All meetings will take place at 9:00am at Rose Garden Pavilion #1, located near the LifeTrail Welcome Station off of Honochick Drive on the west side of Cedar Creek Parkway.

For more information about this event,
call 610-432-7275 or visit
www.allentownparks.org

